

Computer Stress



Clutter



Stretches

DESK STRETCHES

These are stretches to do at your desk.
This program will take 2 1/2 - 3 min.

- Breathe easily
- No bouncing or forcing
- No pain!
- Feel the stretch
- Relax
- See Stretching Instructions, pp. 77-84

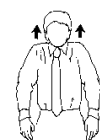
1
5 sec, 3 times
p. 82



2
5 sec, 3 times
p. 82



3
5 sec, 2 times
p. 81



4
5 sec, 2 times
p. 84



5
5 sec
p. 84



6
5 sec
each side
p. 84



7
5 sec
p. 84



8
10 sec
each arm
p. 81



9
10 sec
p. 82



10
10 sec
p. 81



11
9 sec
each side
p. 82



12
10 sec
p. 79



- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.

Responsibilities -- You

- **Stay in Shape/Exercise**
- **Take Breaks**
- **Maintain Good Posture**
- **Fix Your Work Environment**
 - Be proactive
 - Be insistent
 - Get outside help if needed
- **Seek Qualified Doctor Early**
- **Report to Manager and Workers' Compensation**
- **Educate Management**

Responsibilities -- Management

- **Provide Safe Workplace**
- **Ergonomics Training and Evaluations**
- **Accommodations -- Americans with Disabilities Act (ADA)**

Responsibilities -- Friends and Family

- **Strongly Encourage Injured Person to Take Responsibility**
- **Offer Assistance with Work or ADL**

References and Resources

- Alps Electric (USA), Inc. (1995). *Alps Ergonomic Safety and Comfort Guide*. San Jose, CA: Alps Electric (USA), Inc.
»
- Brogmus, G.E. (1995). Reporting of cumulative trauma disorders of the upper extremities may be leveling off in the US. In the *Proceedings of the Human Factors and Ergonomics Society 39th Annual Meeting*, 591-594.
»
- Brown, S. (1993). *Preventing Computer Injury: The HAND Book*. New York: Ergonome Incorporated.
»
- Crouch, T. and Madden, M. (1992). *Carpal Tunnel Syndrome and Overuse Injuries*. Berkeley, CA: North Atlantic Books.
»
- Comprehensive Loss Management, Inc. (1993). *Office Ergonomics: Working in Comfort*. Minneapolis, MN: Comprehensive Loss Management, Inc.
»
- Feltman, J. (1989). *Prevention Magazine's Hands-On Healing: Massage Remedies for Hundreds of Health Problems*. New York: Random House.
•
- Human Factors and Ergonomics Society. (1988). *American National Standard for Human Factors Engineering of Visual Display Terminal Workstations*. Santa Monica, CA: The Human Factors and Ergonomics Society.
»
- Krames Communications. (1993). *Arranging Your Workstation to Fit You*. San Bruno, CA: Krames Communications.
•
- Kuorinka, I. and Forcier, L. (1995). *Work Related Musculoskeletal Disorders (WMSDs)*. Bristol, PA: Taylor & Francis.
•
- Lacey, J.S. (1990). *How to Survive Your Computer Workstation*. Linden, TX: CRT Services, Inc.
•
- Linden, P. (1995). *Compute in Comfort: Body Awareness Training: A Day-to-Day Guide to Pain-free Computing*. Toronto: Prentice-Hall.
•
•

References and Resources

- Pekelney, R. and Chu, R. (1995). Design criteria of an ergonomic mouse computer input device. In the *Proceedings of the Human Factors and Ergonomics Society 39th Annual Meeting*, 369-373.
»
- Pascarelli, E., and Quilter, D. (1994). *Repetitive Strain Injury*. New York: John Wiley & Sons, Inc.
»
- Putz-Anderson, V. (1994). *Cumulative Trauma Disorders: A Manual for Musculoskeletal Diseases of the Upper Limbs*. Bristol, PA: Taylor & Francis.
»
- Sellers, D. (1994). *Zap!: How Your Computer Can Hurt You and What You Can Do About It*. Berkeley, CA: Peachpit Press.
»
- Stigliani, J. (1995). *The Computer User's Survival Guide*. Sebastopol, CA: O'Reilly & Associates, Inc.
»
- U.S. Department of Labor. (1995). Work injuries and illnesses by selected characteristics, 1992, Supplemental Tables. *News*. April 26, 1995 USDL-95-142.

Catalogs

- JC Penney "For Your Special Needs" Catalog (1-800-222-6161)
-
- Self Care Catalog (1-800-345-3371)
-
- The Good Idea Catalog (1-800-538-6690)
-
- AliMed Ergonomics and Occupational Health (1-800-225-2610)

References and Resources

Internet Resources

- CTDNews. (1997). *CTDNews Online*. <http://ctdnews.com/>.
»
- ErgoWeb Inc. (1996). *ErgoWeb: The Place for Ergonomics*. <http://www.ergoweb.com/>.
»
- Teuvo Uusitalo Institute of Occupational Safety Engineering. (1996). *OSHWEB: Ergonomics/Human factors*. <http://turva.me.tut.fi/cgi-bin/wilma/erghf>.
»
- University of Nebraska-Lincoln. (1997). *R.S.I. Page: Computer Related Repetitive Strain Injury*. <http://www.engr.unl.edu/ee/eeshop/rsi.html>.
»
- Wallach, D.S. (1997). *Typing Injury*. <http://www.cs.princeton.edu/~dwallach/tifaq/>.
»
- Wright, S. (1997). *Ergonomic Resources HomePage*. <http://www.geocities.com/CapeCanaveral/1129/>.

Acknowledgements

- »
- Content creation and design: Jean Fox, George Mason University
- Typing Model: Anain Romero, Pacific Northwest National laboratory
- Posture and typing photography: James P. Kirk, Pacific Northwest National laboratory
-
-